

Health and Information Fair for Older Adults in Catawba County

Sponsored by:

Seniors' Morning Out
of Catawba County,
Catawba Valley Medical Center,
City of Hickory Parks & Recreation Dept.
&
Unifour Senior Games

Location:

Monday, March 12, 2007
8:00 a.m. — 11:30 a.m.
Highland Recreation Center at Stanford Park
1451 8th Street Drive NE
Pre-register by March 5 by calling 695-5610
(Directions to Highland on back of flyer)



- Lots of Health Information
- Free Health Screenings by Catawba Valley Medical Center (8-10am)
- (* *must fast and not eat 8 hours before cholesterol screening*)
- BINGO
- Free lunch provided but must register
- Entertainment